

BROCCOLI & BLUE CHEESE SOUP

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Preparation: 30 minutes **Serves:** 6 **£:** £0.61/portion **Difficulty:** Easy

INGREDIENTS

FOR THE SOUP

2 heads of broccoli
250grs blue cheese
2 tbsp of crème fraiche
Salt, pepper
50grs butter
4 new potatoes

FOR THE STEMS

2 broccoli stems chopped
1 tsp chilli flakes
Salt & Pepper
Olive oil

FOR THE SODA BREAD

300grs strong flour
200grs wholemeal flour
1tbsp bicarbonate of soda
200ml full fat milk
200ml water
2 pinches of salt
2 tbsp golden syrup
2 squeezes of 1 lemon

EQUIPMENTS

1 blender
1 pan
1 frying pan
1 non-stick loaf tray
2 mixing bowls



METHOD

Start by making the soda bread.

Turn the oven on at 180 degrees.

Mix all the dry together.

Mix in a separate bowl the milk, water and lemon juice. Wait 5 minutes until the milk curds.

Combine the liquid to the dry mixture and mix with a fork until it comes all together.

Oil and flour the non-stick loaf tray and transfer the dough into it.

Bake for 40 minutes.

When ready, dispose the bread on a rack to cool it down.

Then, start the soup.

Melt the butter in a pan.

Wash and slice the new potatoes. Add them in the pan and season with salt.

Sweat the potatoes until soft.

Add the crème fraiche and cook for a minute.

Add 1.5l of water and bring to the boil for a couple of minutes.

Add the florets of the broccoli chopped. **KEEP THE STEMS FOR LATER.**

Bring to the boil again.

Blend the soup until a smooth and green texture.

Keep it on the side.

With your knife peel the first layer of skin of the broccoli stem. The skin is hard and tough.



Meanwhile, pan fry the broccoli stem with a bit of olive oil, salt and chilli flakes until tender.



Slice and toast the soda bread.

Spread butter on it and add some Maldon salt.
Pour the soup in a bowl and add the broccoli stems on top of it.
Serve with a slice of soda bread toasted.



NOTES

A simple and quick soup to make by using a broccoli from the top to bottom.
Pan frying the broccoli stems bring texture and fun in your soup.
Soda bread is a fast way to make a different type of bread. By not using fresh/dry yeast, your bread can be ready in less than one hour.

